

WELCOME

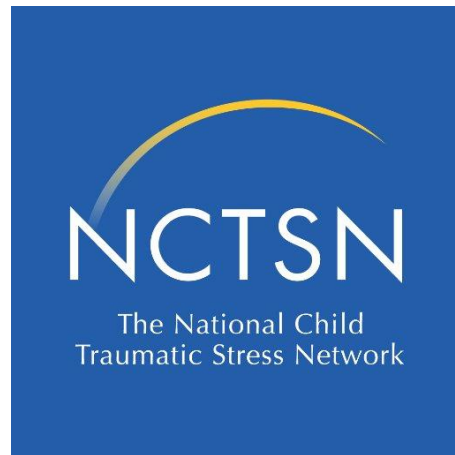


We are so excited that you have joined us today. While you are waiting for the training to start at 9:00, please listen to some music that relates to our topics today.



Project ATTAIN

Access to Trauma-informed Treatment and Assessment for
Neurodivergent and/or Gender-expansive youth



SAMHSA
Substance Abuse and Mental Health
Services Administration

OUR DTIRC TEAM

DARTMOUTH TRAUMA INTERVENTIONS RESEARCH CENTER (DTIRC)

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- Erin Barnett
- Becky Parton
- Jennifer McLaren
- Kelly Smith
- Kaitlyn Ahlers
- Christina Moore
- Kady Sternberg
- Erin Knight-Zhang
- Crystal Young

We have engaged people with lived experience and **state and national experts** to help us create these curricula and bring it to NH



Acknowledgements:

Micah Peace Urquilla, Consultant
Jason Fogler, Boston Children's
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Cincinnati Children's Hospital
NH START
LEND – Leadership Education in
Neurodevelopmental and related Disabilities

Your presenters today



Kelly Smith



Micah Peace Urquilla

Thank you for being here today.

We are going to ask you to "really" be here.

We are going to ask you to lean into any discomfort you may experience today. Notice and explore that discomfort. Our trans and non-binary youth deserve and need us to learn from our discomfort and embrace inclusivity. Inclusivity is about a person feeling like they matter.

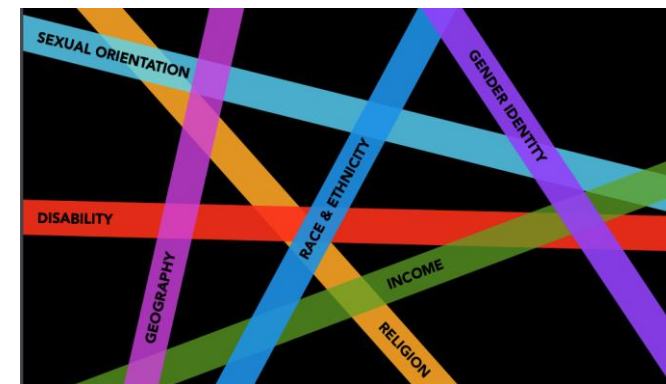
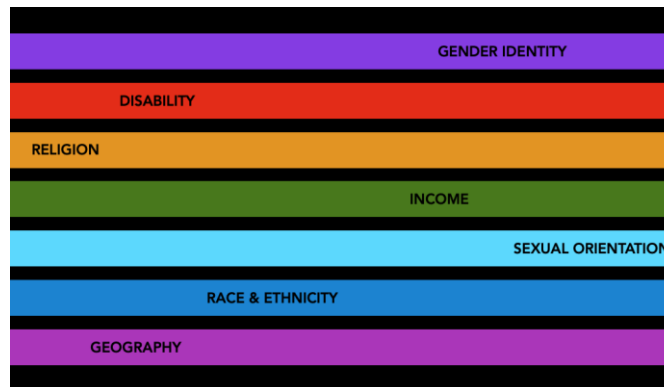


“Love and belonging are the needs of all adults and children. We are hardwired for connection- it’s what gives purpose and meaning to our lives. The absence of love, belonging, and connection always leads to suffering.”

Brené Brown

We all have intersectional identities

- A framework to understand the many interconnected and overlapping social identities that each of us have.
- What our brain does under stress and how that impacts assessment, engagement and intervention



Breakout Groups

(10 min./spokesperson)

What 3 identities do I strongly identify with?

As a result of my identifications, what assumptions could I make?



What is gender?

A complex concept referring to the socially and culturally constructed characteristics of femininity and masculinity.



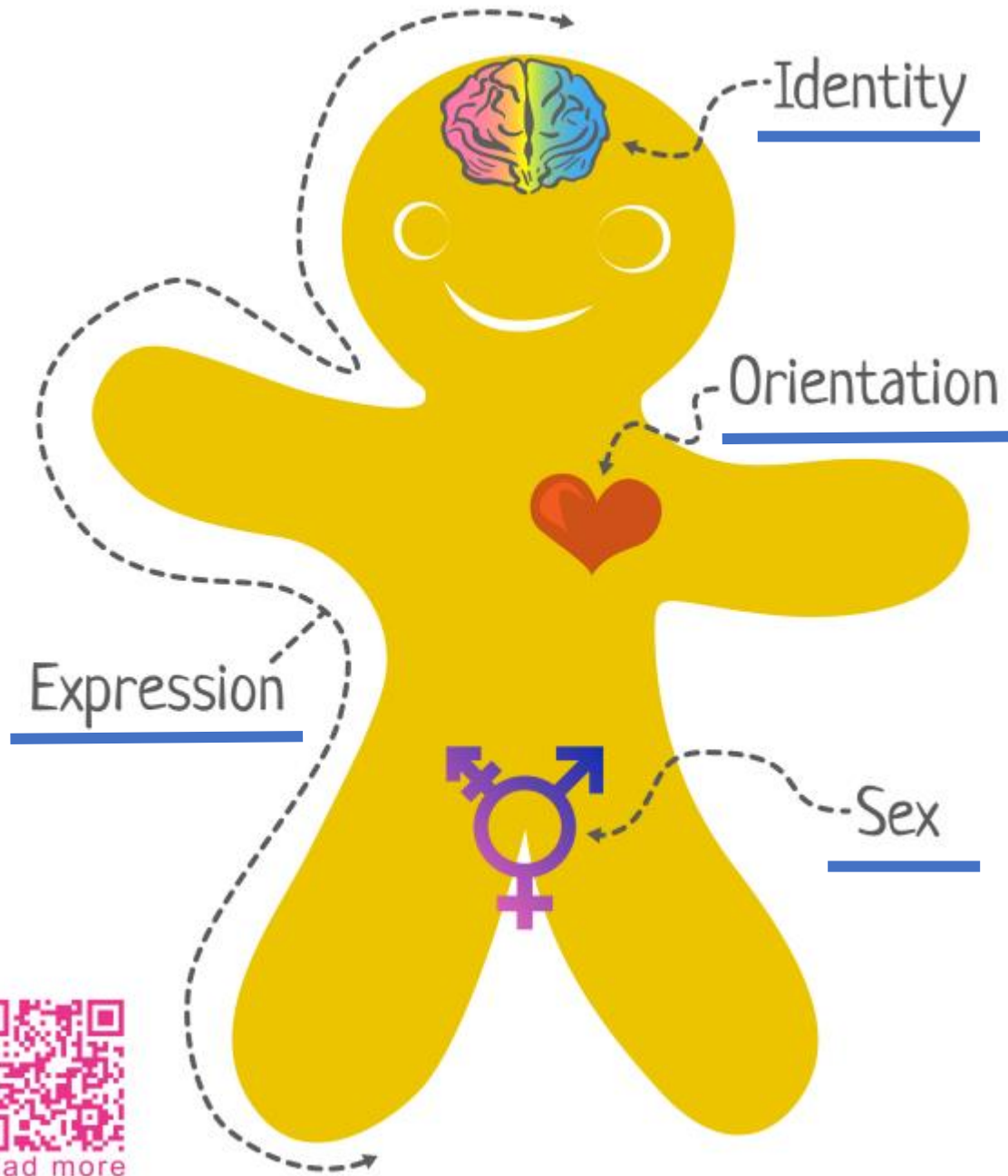
BOY



GIRL

Gender diversity is common

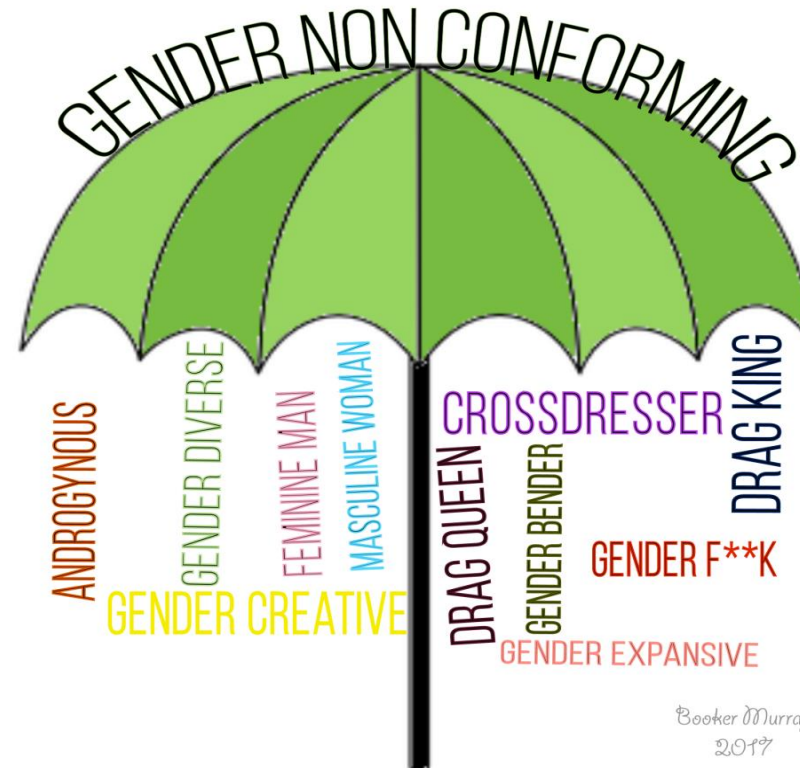
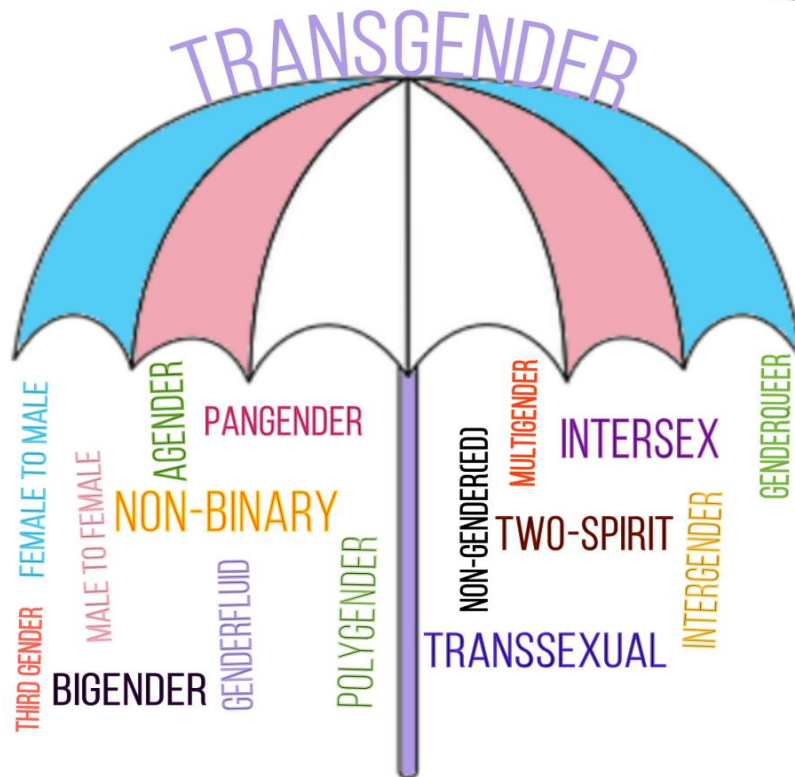
- Among high school students:
 - 1.2% of teens identify as transgender
 - 2-9% of teens experience some level of gender diversity
 - 1.6 million 13+ year old identify as transgender
 - 30% of youth in foster care identify as LGBTQA+ compared to 11% not in foster care
- 1.2 million non-binary LGBTQ adults in US
- 24 % of trans are also neurodivergent
- Younger generations are increasingly questioning gender identity and/or identifying as transgender and gender diverse



Gender Diversity

TRANSGENDER ENCOMPASSES ANY INDIVIDUAL WHOSE GENDER IDENTITY DOESN'T MATCH THEIR GENDER ASSIGNED AT BIRTH

GENDER NON CONFORMING ENCOMPASSES ANY INDIVIDUAL WHO CROSSES OVER OR CHALLENGES THEIR SOCIETY'S TRADITIONAL GENDER ROLES AND/OR EXPRESSIONS



Breakout Groups

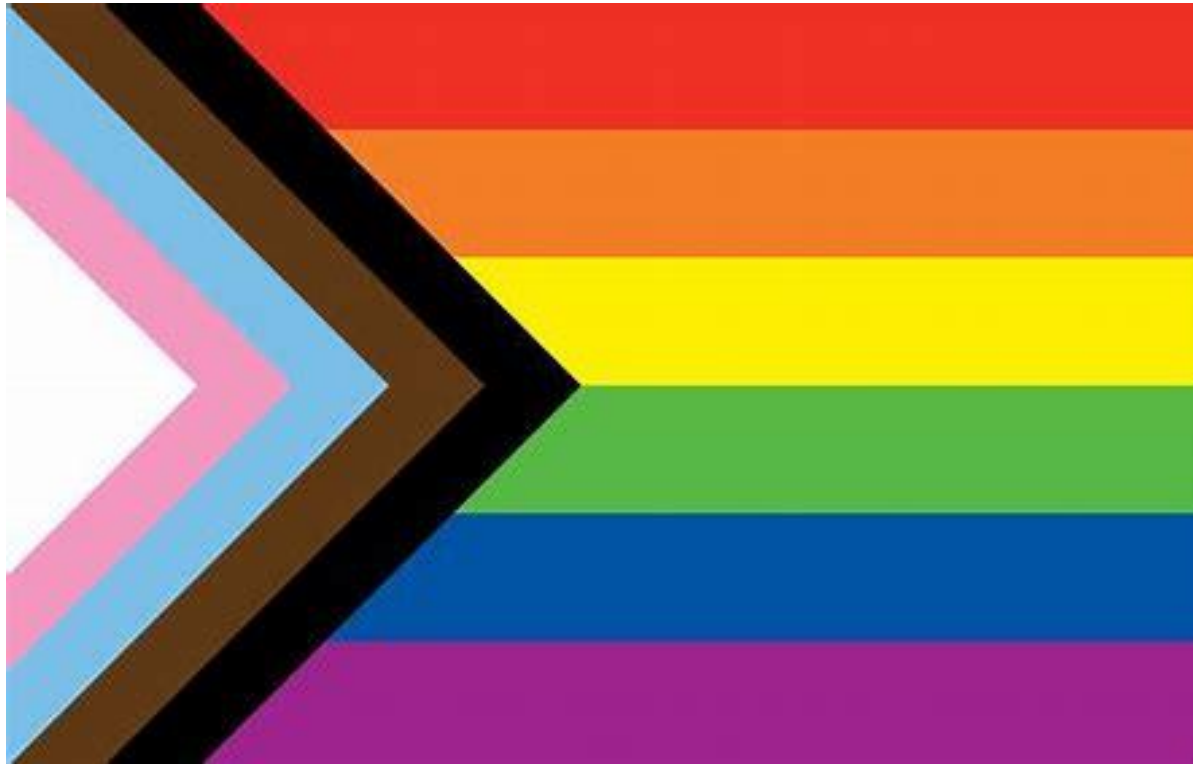
(10 min./spokesperson)

What is your growing edge regarding working with and embracing trans/non-binary youth?

What is your discomfort and how are you leaning into that?



Gender affirming care *is trauma-informed care*



What is trauma?

“A traumatic event is a frightening, dangerous, or violent event that **poses a threat** to a child’s life or bodily integrity.

Witnessing a traumatic event that threatens life or physical security of a loved one can also be traumatic.”

National Child Traumatic Stress Network



Many spaces are not inclusive or safe for trans and gender diverse youth...

Health care

Extracurricular
activities

Public restrooms

Church

School

Gym/locker
rooms

Anti-Trans Policy

Applications

Traumatic experiences (T and t)

Domestic violence

Neglect

Parental SUD

Divorce

Sexual exploitation

Religious rejection/shame

Sexual abuse

Bullying(verbal and physical)

Exclusion from social

Rejection from family members

Shopping experiences

Homelessness

Isolation

Discrimination

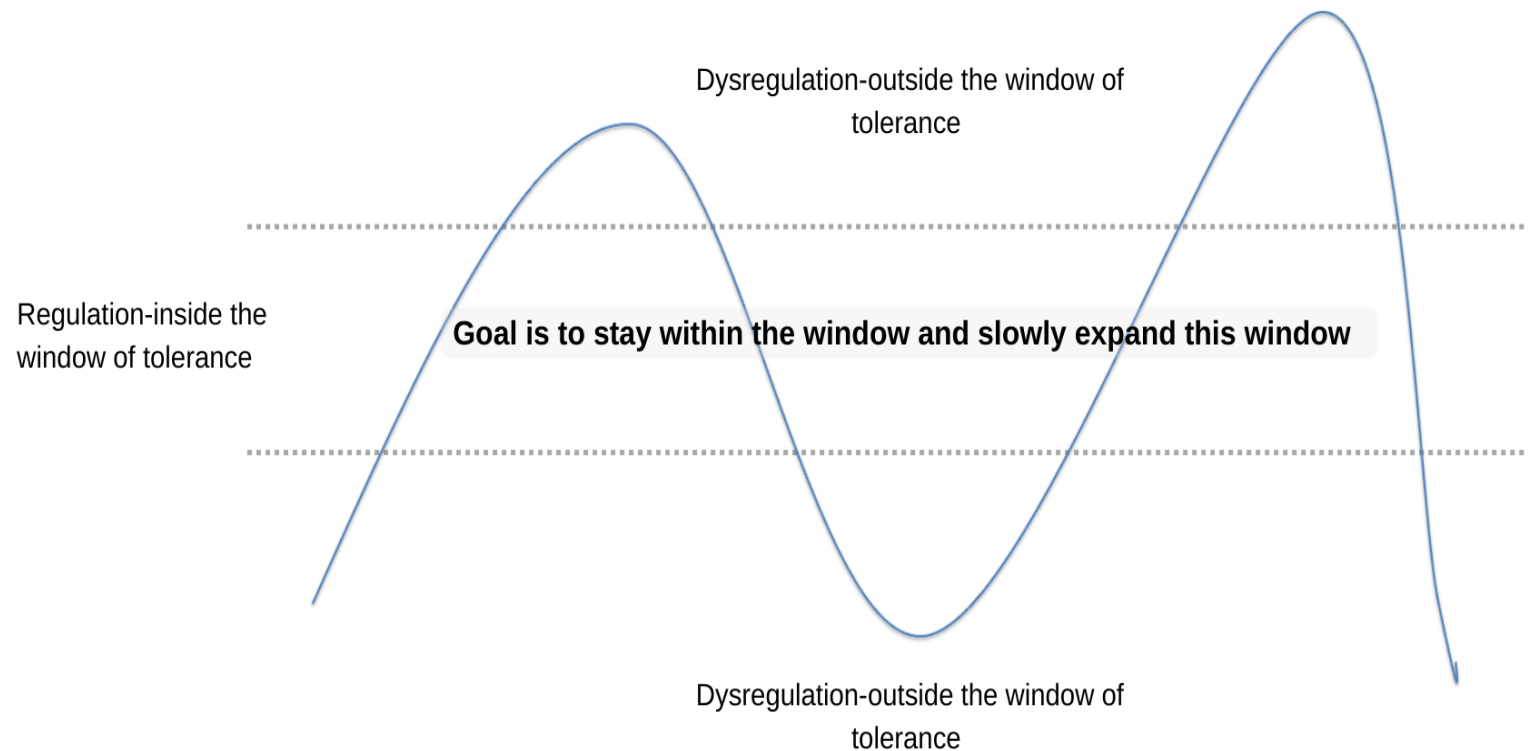
Neighborhood harassment

Constant Social Judgement

Feelings	Behaviors	Beliefs about self
<ul style="list-style-type: none"> • Confused • Sad • Frustrated • Scared • Angry • Lonely • Shame 	<ul style="list-style-type: none"> • Self-harm • Can't sleep/ too much sleep • Irritability • Aggressive reaction • Eloping • Need to control • Suicidal thoughts • Suicidal attempts • Refusal to leave the house • Withdrawn/disconnected • Somatic complaints • Eating disorder • Always having to pretend • Addictive behaviors • Avoidance of gender • Hypervigilant/paranoia 	<ul style="list-style-type: none"> • I am bad • I am unlovable • I am powerless • Nobody cares about me • Nobody will protect me • It is not okay to be me • I am unworthy • I am weird/ different • I do not belong • I do not matter • I am wrong • I am not human/real person • I am a ghost/alien

Window of Tolerance

Co-regulation (as opposed to self-regulation). The adult becomes the “emotional container” with the individual. The caring adult must check their own biases. They must stay regulated and engaged with the individual during stressful and dysregulated times.

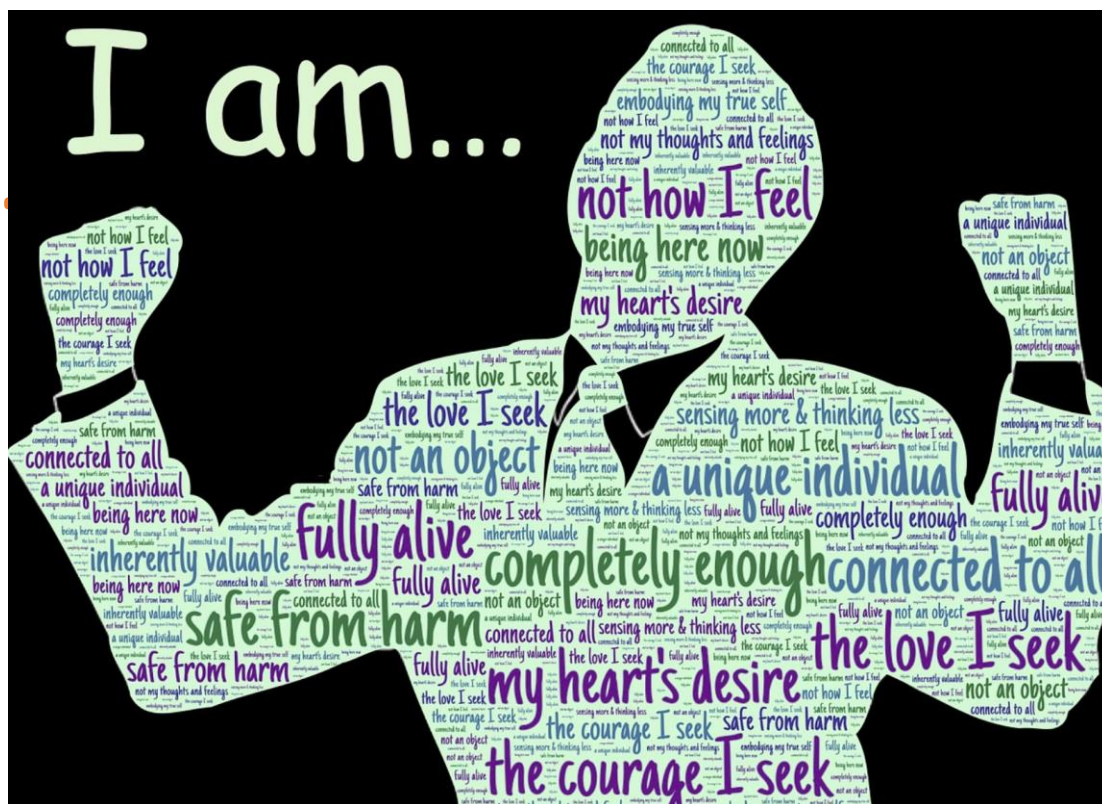


Why this work is so important, it really is life and death important.



Low Family Acceptance correlated with:

- Depression 5.9x
- Substance use 3.5x
- Suicide thoughts and suicide attempts
- Risky sexual behavior



- Human authenticity will not leave you alone until you listen to it. You know when you are/are not authentic.
- Human authenticity is what everyone desires and deserves.
- It is vital that we appreciate and honor everyone's journey to live their own authentic life.

Ways to create safety in order to develop a therapeutic (meaningful) relationship.

- Confidentiality is a must
- Speak up for LGBTQA+ individuals
- Display your pronouns and respect their pronouns
- Display gender diverse and LGBTQA+ signs, magazines, books
- Change forms to include various gender identities
- Gender neutral or single occupancy bathrooms
- Include gender identity in non-discrimination policy
- Do not assume (gender, sexual orientation, pronouns, anything)
- Train all staff in your workplace about inclusivity
- Be humble

Believe and validate youth when they share their gender identity with you.





- Hope is not an emotion, hope is a cognitive thinking approach.
- Hope is 100% teachable.
- People who have experienced hard times are better at having hope, hope is a function of struggle.
- Two prerequisites for high levels of hopefulness are: Perseverance and Tenacity.
- People who have hope have had someone in their life that modeled and held out hope for them. Please step up and be that someone.

Help us
evaluate
our
training!

- Your feedback is priceless. We will be facilitating an evaluation right now. Keep this webinar open and open another tab to access your email (or you can use your mobile phone).
- A link to the evaluation should be near the top of your inbox.
- Follow the link and complete the evaluation, then we'll come back together and wrap up

Breakout Groups

What is one take away from today that you can put into action to help build a community of inclusivity for all.





Question and reflection time



Our task is to provide a light in the darkness for those who have lost faith that people will protect them- or that they have a basic human right to that protection. The restoration of hope to a terrified child or guardian is a calling, and we must aspire to be our best selves to do it justice.